

## **Things To Remember**

**We all have gifts and we all have gifts to give away**

**The Berry Resonator -Its interferes with the earth  
Geo-Magnetic Field**

**You are blessed to be self possessed**

**You have to love being a Storyteller**

**Artistic Expression**

**Failure teaches Success does not**

**Your stamp is going to be your interpretation**

**What you want to do is change an audience**

**You don't betray yourself there's no ego there's no  
false confidence**

**We create our own demons**

**Performing to entertain ourselves**

**No thinking of the audience**

**Maintaining your own integrity and your own view  
of the world and try to be truthful about it**

**His confidence results from an intellectual analysis  
of himself in relation to all the factors  
of his life**

**Self confident and at ease in life**

**I want to be brave .I want to be selfless,intelligent,  
honest and kind**

**Everybody is going to die of something so its important  
to move yourself and the people you care about forward**

**Androids lack personal warmth**

**It's as rare as hens teeth**

**The most interesting friendships  
are the ones that are divergent**

**My parents drinking diminishes what some people  
might have thought of him**

**Give the audience a good positive experience**

**I need intellectual excitement and intellectual  
stimulation**

**He was a chapter ahead of what everyone else  
was doing**

**Risk is accessed in two ways .It's probability  
vs coincidences and its capability vs intent**

**Soft Power**

**I've lived a long storied life**

**I stumbled into another dimension  
a kind of parallel dimension**

**At times its hard for me to appreciate your qualities .  
Its because you have so many layers**

**Do you have any skin in the game?**

**I'm not here to sprinkle star dust**

**Shatter 8lbs makes 1lb**

**Notice Experience Respond**

**Absorb it swish it around shot back at you**

**Playing off of the other improvisationist**

**Out on Left field**

**Bromidrophobia -Fear of others body odors**

**Living hand to mouth has not stopped me from  
becoming the person I wanted to become**

**Don't Ho Hum your way through life**

**Men fall in love after three dates  
Women fall in love after fourteen**

**The arc of the world  
The world is starting to rot**

**Shaking the dew off the lilly**

**I'm uncontrollably drawn to it**

**The sun shines up a dogs ass once in a while**

**Creativity Composition Contrast**

**The word nigger is not a person its a  
personality**

**Always going into the deep water of it.**

**Going against the grain**

**Life is like a stew .For the first 18 years of your life its like  
sitting on a stove and all your life experiences are put into  
it and its bubbling and if its cooks at the right temperature  
what you end up with after those years is what makes you  
who you are**

**I was born on the edge and I intend to live on the edge  
Its a coming of consciousness. Its a transition  
from one stage to the next**

**Dolphin smooth**

**The grumpier you are,the more assholes you meet**

**When are you gonna get that thing checked**

**I became what I thought I should be**

**They are kind of like an awful theater group  
that shows up for an encore of a show they  
didn't bother to put on**

**I don't follow I pay attention**

**If your hands aren't dirty its not because you're pure. Its because you aren't helping**

**The line between ambition and obsession is much thinner than one would imagine.  
You would be well served to look down and see exactly where you are standing**

**It sounds as though you are hurrying somewhere in such a way that the journey will yield very little pleasure**

**Its not about narrowing your focus Its about brocading your experience  
Where I came from is not where I want to be**

**People's safety net job**

**Functional Art**

**Dabblers barely scratch the surface**

**I got handed a plate in life it wasn't the most appealing plate but hopefully I replaced items on the plate to help enhance my personal development and discovery**

**Sometimes your beautiful when your young and wise when you're old  
I have a wide range of interests and mediums I work in**

**Age is relative and individual**

**His job is to illicit information from a broad spectrum of people**

**We all suffer from the corruption of the flesh**

**Lady Gaga is using Tony Bennett to seem relevant**

**Life is a garden. Dig it.**

**Get lifted out of the mundane for a moment  
Every story has a beginning**

**The more genuine recognition you give something the more it feels like it is connected to its environment**

**You are now at a crossing and you want to chose but there is no choosing .There is only accepting .The choosing was done a long time ago.**

**Reflective men often find themselves at a place removed from realities of life**

**Giving children Detachment disorder**

**The world in which you seek to undo the mistakes you make is different from the world where the mistakes were made**

**What's required? Courage Desire Motivation**

**Perseus and the Grey Sisters -The Gorgons  
Permphredo Deino Enyo One eye one tooth**

**Have a back story with good moral characters in all roles**

**L.T.O. Life Time Outcome -What you turn out to be**

**It's fun drawing on the cave wall but we can't all do it. Not everyone can be the person drawing on the cave,some people have to go out and hunt and actually gather the wood.**

**One Trillion in Student Loans  
We are lending money that we don't have to kids that will never be able to pay it back to educate them for jobs that no longer exist.**

**Save the world from mediocrity fundraiser**

**Handsome was never the hard part**

**The other side of life**

**If I throw a dog a bone I don't have to know if its good or not**

**It became both grief and a gift**

**Socially Awkward**

**Peoples attention and interest values are low.**

**Just skimming the surface**

**The fact that you recognize it that means you still have the ability to correct it and move forward**

**If you're trying to rescue people from hell,you have to go to hell**

**If you define success as victory in every case you're going to feel defeated.**

**The suspension of critical thinking**

**What do you do to make your life interesting?**

**Mans Mental Motherboard**

**The uncanny ability to recognize the obvious**

**Your suitability standards**

**What's your risk appetite**

**He's kind of a confidence man preying on peoples vanity,ignorance or loneliness gaining their trust and then portraying them without remorse**

**Done without contest or complaint**

**T.S Eliot said "Only those will risk going to far can find out how far one can go"**

**If you want to look for a needle,you need a haystack**

**Exaggerating their place in history.  
Fall on your ass or rise to the glory**

**2/3 of North Korea trade goes through china**

**A social welfare group**

**False memories from simpler times probably from television**

**Truly Unique and original**

**Its like looking for a rock in a carpet**

**Narrow Cast not Broadcast**

**Improv playhouse**

**Tourist- Dabbler- Spectator- Participant**

**Tourist rarely go more than six feet inside of a studio. Just visit and may never be back again.**

**Dabblers usually lack enough of a level of sincere commitment or interest to what's required by even have a basic understanding to benefit or continue to another level to what may be available and helpful. Lack of basic or fundamental understanding of general guidelines and approaches. Little or no significant Experiential Overlap or common ground. Most have little real life experience except what they might have read or heard. Never volunteer in any community projects. Most are consider a bit uptight.**

**Spectators are interested enough to take more than a general interest. A regular or occasional visitor. Participant is someone who is comfortable in and of the environment.**

**Performance Art Project: Captain Weirdo's Space  
Adventure - Return To the 13<sup>th</sup> Zone &  
Escape From The 13<sup>th</sup> Zone**

**One of my dreams and goals in life is developing a performance company based on improvisation *and* my writings, life experiences and including my art and musical experiences. See Brain Oil Press and Cheapness Records.**

**I have over ten years of committed and continued practice and involvement in many areas of Theater studies at Southwick Studios with Andrea Southwick. my Improvisational studies were with several teachers but my main association is with Ruth Zaporah and Action Theater and included several years and many workshops and a continued interest.**

**Mondo Mania**

**That's beyond my Scope and Appreciation**

**Possible Workshop Improv Plus  
Exploring How the Miesner Repetition technique  
can inform and influence Improvisation.  
Improv Grease**

**The 13<sup>th</sup> Zone is populated with people who have the same  
obsessions and need the same Life Lessons**

**A Cast from different time periods**

**Knowledge as digested and edited information  
Wisdom as taking the nectar of life and making it meaningful**

**a reminder item - Hat Body Hair**

**taking into account the period in which I was raised and the  
experiences that shaped my identity**

**From acquisition to exhibition**

**I'm a sculpturing with images and sound**

**I took my fate in my own hands and did something with it.**

**I developed a callus on my soul**

**Important volunteer and life experience  
background**

**The Rialto 1983-1987  
Cleaning bathrooms  
Guidjief Foundation 1987-1991  
Various work activities  
ISHK Book Service 1993-1999  
Merrimack Valley Food Bank  
2001-2005**

**It's about committing to a ludicrous  
premise**



## **Timecycle Films**

**Sorry butt that violates my code of conduct**

**A culture of dependency**

**The fear of abandonment**

**All artists are childish. As children  
can we retain the kind of optimism that  
produces art**

**Don't put your eggs in a basket with holes in it**

**Its like herding cats  
Is it because we were just ignoring things that existed  
or are we just a harder stock**

**5% of our entire federal budget is spent on people in  
their last year of life. A third of that just in the last month**

**self observation self study self actualization**

## **Creative Charm Products**

**More diverse artistry**

**A bloated tick on Americas hide needs to be burnt  
off with the cigarettes of fairness**

**The real power of the nerd set is to understand  
something more than any other creature on Earth  
to a maniacal level and use that information against  
people**

**There is a certain level or margin of empathy  
that is being lost. When you look how people interface  
with the internet. Your not connecting with another  
human being the way we were evolved to look into each  
others eyes. Its depersonalizing just the way we interface  
with other people on the internet. A lot of social media is  
essentially a snapshot of whatever an emotion was in a  
moment. There is a depersonalization that accrues . A  
certain amount of humanity that is lost in the way we are  
communicating with people as much as the internet has t  
urned the world into a local community. As connected as**

**we are Its also very isolating the way we interface with the internet. Some people use the internet as a vessel of anger. I like to see understanding first. Let's talk about this in a Human level. A lot of it is just relieving tension for people**

**You can't read emotion**

**The US has 5% of the worlds population and 25% are in jail**

**I came from a place where my options were limited**

**Oddness results in Cultural Content.**

**Creatively Rich but Cash Poor**

**An inability to engage with reality in the creative or artistic front**

**I'm not typical**

**As a director I have to identify with my main characters, to be truthful in my productions otherwise how can you actually approach the truth of the characters.**

**The Enthusiast**

**Enjoyment in Life - Performance of Duty**

**We heard the music of history**

**Save it for later and use it then**

**Everyone is broken by life but afterwards many are strong in the broken places**

**Under interested - share your soul**

**1. Food is the necessity of life  
2. Fun  
3. Friends  
Life doesn't mean anything without friends**

**I over think things sometimes**

**When you play music I can feel your soul coming out.**

**Someone's background doesn't matter. Its a matter of integrity,character and loyalty**

**There are no accidental billionaires  
Create an environment in which an actor can execute their vision to the best of their ability**

**Jazz is about being in the moment. its about trusting yourself to respond on the fly. If you allow yourself to do that,you'll never stop exploring.You'll never stop learning in music or life.**

**Lenny hall has found his own unique style and voice in all areas of the arts from music,art and video to his many writings and improv/theater experience.His creativity is endless**

**There are three people you don't want to screw over in life.Your heart surgeon,your hair stylist and you improv teacher**

**Painfully Awkward**

**Hate is the first cousin of fear**

**they don't teach irony in college any more**

**Please don't make suggestions on how I should operate and conduct my life.I'm the one that's has to live with it.**

**If free speech is only what you like its not free speech**

**Make life interesting**

**A wound needs to be cleaned out before it can heal.**

**It's like a Proctologist coming home every night and saying "I can't believe I have to look at assholes all day".**

**If you randomly stumble upon an amazing talent and someone important sees it by wild chance great things can happen without any hard work**

**When there is this many bad apples.there is something wrong with the orchard**

**We are the side show  
To a coward courage always looks like stupidity**

**Please sit down you are rocking the boat**

**He's the oxygen of publicity**

**Hard work and a little luck can bring any man good fortune**

**Having endurance, fortitude and determination**

**The more different you are the more you fit in**

**You have your ups and downs but you learn to regulate yourself**

**Exploring themes and ideas**

**Critics are like a eunuch at a gang bang**

**Have a font of knowledge**

**You want a story long enough to cover the subject  
but short enough to be interesting**

**A story is like a miniskirt on a girl. Long enough to  
cover the subject but short enough to be interesting.  
Images can go a long way**

**Eagles don't hunt flies  
A moose doesn't attack a lion**

**Create content people want to read  
Don't think about conversions  
Keep it short and sweet  
Edit-tighten and keep things digestible  
Create regular features**

**Don't think about conversions  
Get people focused to read**

**95 % of prisoners in the US are getting out  
The stated intent of our justice system is  
rehabilitation and re-entry**

**Self Radicalized**

**60% of German Moslems believe in gay rights**

**Having a directors eye**

**In 1950 most of us died in the home.  
Now only 17 %die in the home**

**83% of us die in institutions**

**We need to intergrate poeolple into society better**

**In nursing homes and assisted living the focus  
is on safety**

**People want more in life than living longer.  
They want freedoms and those freedoms are  
how we have meaning in life**

**We warehouse old people in nursing homes  
Complaints:Food,no smoking,no porn**

**97% of medical students have no training in geriatrics**

**Earth in the following decades could cease to  
be a safe operating space for human beings**

**The 80 richest people in the world  
are worth what half the planet is worth**

**three and a half billion people are worth  
80 people**

**If you have a gift give it to people**

**Its the new normal grieving and letting it go**

**Human Transfer Experience**

**A wise man can learn more from a foolish question  
than a fool can learn from a wise answer  
Bruce Lee**

**A rising tide lifts all boats is easy tom say when  
your on a yacht**

**After World War Two the government taxed the  
rich by up to 90% and redistributed half that wealth to the GI Bill**

**\In the 14<sup>th</sup> century a middle class was created in Europe when the black plague killed 1/3 of the population creating a labor shortage and increased bargaining power for workers.**

**There are now people motivated by alienation,poverty and thrill seeking.**

**Its like in the 80's You'd bring a girl home,do some coke ,she does too much she starts rambling and you say what did I do!**

**Germany gets 74 % of its energy from renewables. Maybe they've got something going on. Look them up in the history books They've always got something going on.**

**What's the minimum standard of being a creative person in a creative environment?**

**9 out of 10 pharmacy companies spent more on marketing than R+D**

**You either lose pretty or win ugly**

**Big Bold Full of Color**

**A painter gets to choose the context and situation in which their art is consumed**

**ISIS has 20 thousand fighters**

**Jordan has 180 thousand**

**Turkey has 991 thousand**

**? has 1.4 million**

**Kurds 250 thousand**

**Saudi Arabia 250 thousand**

**Lebanon 280 thousand**

**Syria 600 thousand**

**Keeping the Shit at Shoe level**

**80% chance of draught by 2050**

**I got sucked into the Berry Vortex**

**Learn to enjoy eating Jelly Fish..**

**700,000 get arrested each year**

**Hong Kong owes one trillion in US debt**

**Everybody has got two wolves inside of them  
Both of them are starving. One wolf is Anger, Envy, Pride.  
The other one is Truth and Kindness. Everyday they tear  
each other apart. It's not the better wolf who wins. It's the  
one you feed**

**Lowell MA was the first town in America to issue phone  
numbers to individual subscribers  
due to Measles outbreak in 1879. A local Physician  
feared the town's four telephone  
operators would fall ill so he recommended  
giving users their own numbers**

**The worm has turned**

**There is a small group of people who are beyond  
the reach of reason**

**People marinate in their own juices and make  
themselves unnecessarily callused**

**We can't be defined by our past traumas  
Move with the Ebb and Tide of Life**

**Pigs Eat Hogs get Slaughtered**

**It's simple Action that is being completed**

**Liz Taylor never had to show her breasts on screen**

**The people who break through are invariably  
idiosyncratic in some way or another but the public says  
It's because they represent something they haven't seen  
before and it's personal and unusual and specific to that  
individual and there for universal.**

**It's like cutting your kidney out with a butter knife**

**Antarctica holds 90% of the world's ice and about**

**70% of the worlds fresh water.**

**Time in the 13<sup>th</sup> Zone is ten times longer than  
on the Earth Plane**

**Grace is Energy**

**We spent 4 trillion on wars in Iraq and Afghanistan.  
Thats not including the vets**

**Basic Human Decency**

**A place where they strip you of your  
personality and rebuild it in their image**

**They take young people at the exact moment when  
they should be learning to be individuals  
and turning them into shit eating, hopeless followers  
of group think**

**Less than 10 people a year are killed by sharks. Over  
100 million estimated sharks are killed every year by humans**

**The temperature of the earth has in the last century  
risen by 1.6 degrees**

**We were as different as chalk and cheese**

**Don't Start None Won't be None**

**I have no hopes or dreams of becoming a professional.  
I go out of my way to create something unexpected. I  
want to be surprised.**

**Chance Opportunity and Timing**

**It looks like a firecrackers wrapped in roast beef**

**Sometimes you have to take one for the team  
Take the salt out of seawater. Use the water sell the salt.**

**I want to feel safe when I'm going into and traveling  
in an aluminum tube**

**Maybe we have bigger battles to fight**



**Faces are tools for social expression**

**Hope is for the unburdened by fate**

**The only failure is giving up**

**It's hard when you have something you want  
to share with the world and nobody gives a shit**

**Oddness results in Cultural Content**

**Its people dissatisfied with modern society  
and have no other way to act against it**

**Say the persons name and repeat the last  
three words at the end of their sentences**

**40% of the energy in the US is from coal**

**Where there is music there is no evil**

**The Wish maker**

**Lock up the criminals were afraid of  
not the ones we may be mad at**

**Paying for our fear  
not for the crime**

**Tell me what color is the sky in the world you  
come from**

**Escape the mundane**

**There are more than 30 million security  
cameras in the country**

**Amp up my creativity**

**We don't have any experiential overlap**

**The beast that lives inside people**

**Creating my own path in life**

## **The Charm Offensive**

**You get your significance and find your joy in life  
through service and sacrifice**

**A humanistic sensibility to it**

**A global residence to it**

**Functional and fun to look at**